

February

2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
9:30 Light & Lively Exercise 11:00 Chair Exercise With Madysen	9:30 Light & Lively Exercise 11:00 Chair Exercise With Linda	9:30 Light & Lively Exercise 11:00 Chair Exercise With Linda	9:30 Light & Lively Exercise 11:00 Balance Class With Crystal	9:30 Light & Lively Exercise 11:00 Chair Exercise With Linda	9:30 Light & Lively Exercise 11:00 Chair Exercise With Crystal	9:30 Light & Lively Exercise 11:00 Meet for Indoor Walks
8	9	10	11	12	13	14
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15	16	17	18	19	20	21
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29	30	31	28			
9:30 Light & Lively Exercise 11:00 Chair Exercise 1:00 Everfit Gym Time	9:30 Light & Lively Exercise 11:00 Chair Exercise With Linda	9:30 Light & Lively Exercise 11:00 Chair Exercise With Linda	9:30 Light & Lively Exercise 11:00 Balance Class With Crystal	9:30 Light & Lively Exercise 11:00 Chair Exercise With Linda	9:30 Light & Lively Exercise 11:00 Chair Exercise With Crystal	

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